



PANDEMIC INFLUENZA

School Planning Toolkit



Public Health Department
Santa Clara Valley Health & Hospital System



Get Ready!

Preparedness



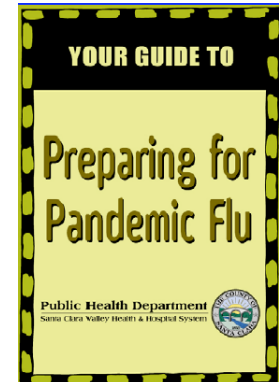
PANDEMIC INFLUENZA School Planning Toolkit

Overview

- How germs are spread.
- Tips to avoid spreading germs and prepare your family.
- Supplies.
- Get your GUIDE at:

[http://sccphd.org/SCC/docs/Public Health Department \(DEP\)/attachments/PHPandemicEng.pdf](http://sccphd.org/SCC/docs/Public%20Health%20Department%20(DEP)/attachments/PHPandemicEng.pdf)

Change this to a local resource!



How Flu Germs Are Spread

- Through the air in droplets from sneezes and coughs.
- From hand to hand.
- From hand to eyes, nose, and mouth.
- Flu germs are present before symptoms appear.
- Prevention steps target transmission routes.

Social Distancing to Avoid Germs

- Stay at least three feet away from people who are sick.
- Avoid places where large groups gather, like theaters or malls.
- Avoid shaking hands. Air kisses are definitely out!
- People will be ill before symptoms appear...so keep your distance.



Cover Your Cough!

- Cover mouth and nose with a tissue.
- Cough or sneeze into your upper sleeve if no tissue is handy.
- Put used tissue in the waste basket.
- Wearing a surgical mask can help protect others.

Spread
the
News,
Not the
Germs !

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth
and nose with a
tissue when you
cough or sneeze

or

cough or sneeze into
your upper sleeve,
not your hands.

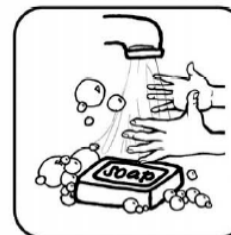


Put your used tissue in
the waste basket.



Clean your Hands

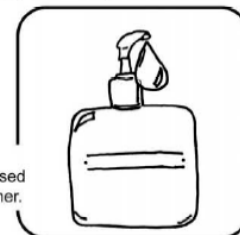
after coughing or sneezing.



Wash hands
with soap and
warm water
for 20 seconds

or

clean with
alcohol-based
hand cleaner.



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www.health.state.mn.us



Minnesota
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Wash Your Hands!

- Wash with liquid soap and warm water for 20 seconds after coughing or sneezing:
 - After using bathroom
 - Before touching eyes, nose, mouth
 - After touching dirty tissues
 - Before preparing food.
- Dry hands thoroughly with a paper towel and use it to turn off the faucet. A shared towel will spread germs.
- Always throw paper towels into the waste paper basket.
- ***Alcohol-based hand cleaner works, too.***

Keep Clean!

- Disinfect door knobs, switches, handles, and other surfaces.
- Wash cleaning cloths in hot water.
- Throw paper towels into waste paper basket.
- Disinfectant = 1 gallon water mixed with $\frac{1}{4}$ cup bleach.
 - Mix fresh batch every time you use it.



Healthy habits help keep your family well.

Emergency Supplies

- Two weeks worth of food for each family member.
- One gallon water per day per family member.
- Two weeks worth of medicine:
 - Tylenol and cough medicine
 - Prescription medicines.
- Rehydration solution.
- Tissues, paper towels, face masks and plastic gloves.
- Disinfectants and chlorine bleach.
- Cell phone and charger.

